

*"...add to your faith virtue; and to virtue knowledge; and to knowledge temperance..." 2 Peter 1:6*

Unbelievers have nothing to restrain their carnal lusts, but a God-given conscience and pure will power. Believers, on the other hand, have the blessed Holy Spirit working in them to purify and cleanse their souls of the evil influence of the flesh. God's Word tells us that the body is "sold" under sin and cannot comprehend the spiritual realm. The apostle said he had to "buffet" his body daily to keep it under subjection to the Spirit. We need to treat our body like unruly pet. It doesn't want to do right, and will always do the wrong thing if we don't train it. Temperance, or self-restraint of carnal desires, is only possible



if we "yield our members" as instruments of righteousness. In other words, do the right thing. Self-restraint begins with mind-restraint. There are so many areas that Satan can use to trip us up. We have a myriad of appetites clamoring for indulgence. We can only resist these through the Spirit. Obeying God's Word is the way we "yield" ourselves to righteousness. This is truly "walking in the Spirit." We can become "puffed up" with knowledge, which is why we must diligently or habitually be self-restrained. As Christians we tend to "lord it over" one another if we think we have a little more spiritual "knowledge" than another. Oh, we may not do it openly, but we are certainly guilty of thinking it. How many times have you thought that another Christian was "immature" in the faith? Was it a pure thought or a disdainful one? We are to "submit ourselves one to another" in humility. I think now we can begin to understand that self restraint begins with our thought patterns. If we think rightly, we'll act rightly. We need to be so used to doing the right thing that it becomes an instinctual habit, and not require any effort at all. It should be a natural thing for the child of God to always "do the right thing." Our minds can truly be *transformed* by the Word of God if we immerse ourselves in it "day and night." Did you ever become preoccupied with a thought? Meditation is the way we take God's Word with us throughout the day.

*"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philipians 4:8*

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